

LOOKING UP

TRI-COUNTY INTERGROUP NEWSLETTER APRIL 2009

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Chairperson: Rachel R.
(817) 595-3044
(817) 272-7509
raroriro@sbcglobal.net
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Telephone: Margaret D.
(817) 303-5405
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Tri-County Intergroup
Group# 09163
P.O. Box 14324
Arlington, TX 76094

Tri-County Information Line
(817) 303-2888
www.oa-tricounty.org

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

*OA Responsibility
Pledge: Always to
extend the hand and
heart of OA to all who
share my compulsion;
for this, I am
responsible.*

SHARE THE WHOLE STORY

To the newcomer, one day of freedom from compulsive overeating often seems unattainable. Even struggling compulsive overeaters who have been the program for a while may begin to give up because the handle on abstinence is eluding them. The pain, confusion, disappointment, frustration and failures become overwhelming and take their toll. Such people feel lost and slide even further down into the pit of despair. Maybe they make one last try. They make their way to a meeting, along with the newcomers, and what do they hear?

Maybe the leader tells a glowing story about abstaining from compulsive overeating for a number of years. She speaks about her substantial weight loss; she says that she is emotionally better off than ever before; she has turned everything over to God, she says, and He takes care of everything.

In the audience is the newcomer who doesn't even know what abstinence is. And the struggling overeater, who just binged on the way to the meeting, can't get a picture of turning over anything to "God." Can they relate to what is being said? Probably not. The distance between them and the leader is so discouragingly far. From where they are, how could they ever reach the level the leader speaks about? Will they come back? Probably not. They leave saying, "Maybe for these people, but never for me."

When we lead or share, are we remembering to tell the whole story? Are we taking ourselves back to the newcomer day or the times of our near-disastrous struggles with our disease? Do we share about how half-measures availed us nothing? Do we share all about the entire journey – failings as well as the successes? Look at the whole process. We were wounded then; we are healing now. We were discouraged; yet we became encouraged. We had been in the valley, but we became convinced that the height of the mountain was attainable.

The change came sometimes slowly for us, and sometimes quickly, but it did come. There was a lot of pain, but gain too. There was hope. There was help. Even in tears, there were cheers from our fellows. They were always there, and they always will be. There will be new faces among the old, but the spirit will be the same.

Any one of us may give the first message, maybe the only message, that newcomers or suffering overeaters hear. Help them to stay with us. Help them to keep coming back. We need them.

From: *A New Beginning*, page 52

We get a daily reprieve based on what we do today for our recovery.

Tri County Intergroup meets at 10:30 a.m. the first Saturday of every month at Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, in "Wesley House."

Please send newsletter submissions to bethelhow@gmail.com
Thoughts for the day, journal entries, step writing, Lifeline articles, etc.

Seventh Tradition Donations

OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience), OA suggests that groups distribute the remaining funds as follows:

60% : Tri-County Intergroup

Billie Stamp
1513 Tyler
Arlington, TX 76012

30% : OA World Service Office

P.O. Box 44020
Rio Rancho, NM
87174-4020

10% : Region III

Juda Smith
Region III Treasurer
10517 Goldenrod Ln.
Midwest City, OK 74868

Give as if Your Life Depends On It.

Treasurer's Report 02/09
Your trusted servant, Billie S.

g. Balance \$2377.40

Expenses

Newsletter	\$82.53
Bank Fees	\$15.00
Literature	\$96.69

Income

South Hills	\$100.00
Primary Purpose	\$20.00
Bethel	\$111.35
Literature	\$15.00
Workshop	\$120.00

Ending Balance \$2549.57

Funds

Retreat	\$784.87
Delegate	\$690.00
General	\$1074.70

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at www.oa-tricounty.org

Tri-County Website

<http://www.oa-tricounty.org>

If you want to receive the electronic version of this newsletter, please send an email with the subject line "Subscribe" to bethelhow@gmail.com

INTERGROUP

Can your group co-host a workshop? Why not discuss this at your next Group Conscience meeting, and contact Workshop Chair Terri Beth M. for more information.

Literature Available from Intergroup

Tri-County Intergroup has a library of literature available for purchase by any OA group. To order literature for your group, please contact Literature Representative Maria at (817)692-6405.

Beyond Our Wildest Dreams	Twelve Steps and Twelve Traditions	
For Today	Lifeline Sampler	Voices of Recovery
Health Fair Materials	Newcomer Kit	Sponsor Kit

NEW MEETING IN GRANBURY

6:00 pm on Mondays

Acton United Methodist Church, Adult Education Building, Room 202A

3433 Fall Creek Highway (HWY 167S), Granbury, Texas 76049

For more information, please call Rene at (817) 219-3270

RECOVERY CONNECTIONS

compiled by the Daily Reprieve Group, Euless, Texas

OA Telephone Meetings List

http://www.oa.org/pdf/phone_mtgs.pdf

OA Online Meetings List

<http://www.oa.org/pdf/OnlineMeetingsList.pdf>

iTunes OA Podcast

(http://www.oa.org/get_podcast.htm) From this link, use iTunes to search for OA Podcasts and related links, including readings, long-timers share experience, classic OA speakers, special speaker events and more.

Order audio recordings related to 12 Step Fellowships, including OA

<http://www.gstl.org/>

The Los Angeles Intergroup Virtual Speakers Bureau

<http://www.oalaig.org/html/speakers.php>

We of the L.A. Intergroup consider ourselves fortunate to live in an area where we can hear from so many strong and inspirational program speakers. We wish to share their talks with you. Whether you are struggling in the middle of the night, living in a remote location, or just need a boost, these speakers will help you remember that you are not alone.

Download or listen online to dozens of OA speakers from the Los Angeles Intergroup for FREE! Subscribe to podcats and see other Intergroup's virtual speaker links. (Please consider donating to their Seventh Tradition virtual basket to say thank you for this service.)

Bethel UMC OA/HOW Group Recipe Book

Send \$7.00, name and address to: Molly Horn, 3634 Eldridge St., Fort Worth, TX 76107
or email bethelhow@gmail.com for a FREE digital copy.

HAPPY, JOYOUS, FREE AND INSPIRED

Participants in the "Happy, Joyous and Free" workshop on 1/10/2009 were asked to compose a poem. After separating into groups, each participant was given 5-6 index cards and asked to write one word on each index card describing something they were given through OA or that they hoped to gain from OA. Participants were then asked to write one sentence on each card using the word. Each participant selected the two most significant words from their pile and read the cards to the group. The group then arranged the sentences into a poem, the results of which are printed here.

BECOMING

My relationships with family, friends, and God are real, sincere, and genuine.
OA has strengthened my faith in God.
God is my comfort, strength and defender against this insidious disease.
Without many words, I find understanding in OA.
I want to have abstinence from overeating!
OA gave me hope I had lost regarding ever being a normal size again.
It has given me a plan and solution to my dilemma.
I have a feeling of satisfaction about my size, my weight loss, and who I am being.
Self worth is liking the person I am.
My world will never be perfect, but I am at peace with it.
I have freedom from the demons of my past.
I hope that OA is "it!"

GOD'S BOB

Honest friendships help us share lives.
Contentment is easy when it's God that drives.
His 12 step program allows for self love.
Without the food fog, we rise above.
Unconditional love is a gift from God.
The physical, tangible presence of a new bod.
We pay attention to food plan and exercise.
And laughter helps us to balance the lies.
Incredible freedom we get from OA.
Self confidence is a gift for today.
Continuing to have determination to succeed.
OA will give us the answers we need.

OUT OF MY SHELL

Willingness to keep on doing it one day at a time.
Freedom from that first compulsive bite is mine.
I'm glad I've been given the gift of serenity.
And when I ask my Higher Power for help it increases my spirituality.
I am learning to love and be more understanding of myself and others.
If I am abstinent today, I am more able to experience serenity.
Today, because of OA. I know peace and sanity.
I have a sense of self today and I recognize it will continuously expand and change...

Life is now and adventure
Not a sentence

BEYOND OUR WILDEST DREAMS

I have better understanding of myself, my motivations, and other people.
Because of the self-improvement I've worked on, I've become my own best friend.
My self-esteem is getting the boost it needed.
I have received hope of self-worth through this program.
I have hope that life will be manageable so long as I work the steps and keep in contact with others in recovery.
I have come to know a new freedom and happiness outside of the food – freedom from my constant compulsive thoughts of food.
I have and do experience freedom and peace of mind due to working the program.
I am grateful for sanity.
God has granted me serenity.
My health has returned as my weight has gone.
God is love.
God keeps His Promises.

THE GIFTS

Acceptance

The acceptance of myself and others I have found through the OA program has given me happiness and joy.

Serenity

By saying the Serenity Prayer and using the Steps, Tools, and Traditions, I have found serenity around food.

Insight

I have gained insight into how to live my life healthier.

Happiness

Happiness will overwhelmingly consume every inch of my existence.

Hope

When I came into program, I was hopeless, completely in despair over where my life was headed. I found hope for a future at my first meeting.

Forgiveness

It is through forgiveness of my actions and others' that I will feel more liberated.

Relationships

My relationships, especially with my family, have grown and become stronger with the OA program.

Power

I have found a power greater than myself through working the OA program.

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

3/24/2009

MONDAY				
6:00 pm	Granbury - Acton United Methodist Church, Adult Ed. Bldg., Rm. 202A 3433 Fall Creek Hwy (HWY 167S) Granbury, TX 76049		Rene	(817) 219-3270
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment/ Writing	Happy	(817) 370-7207
6:00 pm	Stephenville - First Presbyterian Church 1302 N Harbin Drive Stephenville, TX 76401	Literature/ Discussion	Pat	(254) 485-0921
6:30 pm	Weatherford - All Saints Episcopal Church (white house on corner) 133 S. Waco Street Weatherford, TX 76086	HOW	Susan	(817) 694-8801
7:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Dianne	(817) 980-3013
7:00 pm	North Richland Hills - St. Johns Hall (center building) 4101 Frawley Dr (between Glenview and North Hills Mall) NRH, TX 76180	Step Study/ Literature	Keith	(817) 692-1641
WEDNESDAY				
12:00 pm	Fort Worth - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair Fort Worth, TX 76112	Literature	Gay	(817) 275-1085
1:00 pm*	<i>*SPANISH Must request in advance. Call Gay, (817) 275-1085</i>			
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Literature	Billie	(817) 460-3083
7:00 pm	Tarrant County Men's - Ste. 608, Radio Shack shopping center 4105 State Highway 121 @ Cheek-Sparger Bedford, TX 76021	Men's Group	Keith	(817) 692-1641
THURSDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Big Book Study	Happy	(817) 370-7207
FRIDAY				
12:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Katie	(682) 438-1851
12:00 pm	Waco - St. Alban's Episcopal Church 305 North 30 th Street Waco, TX 76710		Faye	(254) 678-3420
SATURDAY				
9:00 am	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
10:00 am	Grand Prairie - Our Redeemer Lutheran Church 4729 South Carrier Parkway Grand Prairie, Texas 75052 (Only on 2 nd , 3 rd , and 4 th Saturdays of each month)	Literature	Jennifer	(972) 266-2201
12:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Twelve Promises	Billie	(817) 460-3083
12:00 pm	Eules - United Memorial Christian Church 1401 N. Main Street Eules, TX 76039	Step Study/ Big Book	Rosalie	(817) 355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital @ Randol Mill Road 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044

* **LOOKING FOR A SPANISH MEETING?** Call Gay, (817) 275-1085